

Culinary Arts Foundations: Week 9

Day 1: Grains (Threshold)

- Objective: Determine the proper method of making risotto.
- No Starter
- Assignment:
 - Observe Demonstration on making risotto
 - Lab Plan Risotto
 - Mise en Place: prep. Risotto ingredients

Day 2: Risotto (Threshold)

- Objective: Demonstrate ability to properly make risotto.
- No Starter
- Assignment:
 - Lab: Risotto- Have ½ of the groups make the risotto with long grain rice and the other have make risotto using Arborio rice to compare next class period.

Day 3: Risotto (Threshold)

- Objective: Evaluate the different taste and textures of making risotto with long grain rice vs. Arborio rice.
- No Starter
- Assignment:
 - Eat and Evaluate Risotto
 - If Time Pasta Video

Day 4: Ch. 25 Review

- Objective: Review information on pasta and other grains in preparation for test
- Starter # 4: What are the 4 most common ways of cooking grains? (pg. 565-567)
- Assignment:
 - Folder Check
 - Bingo Review

Day 5: Ch.25 Pasta and Other Grains

- Objective: Evaluate knowledge of pasta and other grains.
- No Starter
- Assignment:
 - Test Ch. 25

Name: _____

Risotto Milanese

Yield = 3 servings, 4oz. each

Ingredients:

2 c. Chicken Stock

1 Tbsp. butter

1 Tbsp. minced onion

3 oz. or $\frac{1}{4}$ c. Arborio/long grain rice

$\frac{1}{4}$ tsp. chicken base + 2 Tbsp. water

Dash paprika

1 Tbsp. grated parmesan cheese

Handwritten notes:
10c = 2 Tbsp.
= 6 Tbsp.
= $\frac{1}{4}$ c. + 2 T.

Day 1:

- 1.) Measure everything except for the 2 c. of chicken stock.
- 2.) Mince onion.
- 3.) Label all ingredients with names and class period

Day 2:

- 1.) Bring chicken stock to a simmer. (Chicken stock will be in a soup kettle simmer measure out 2 c. for your group).
- 2.) Heat butter in a large, heavy saucepan. Add the onions and sauté until translucent. Do NOT overcook.
- 3.) Add the rice to the onions and butter. Stir well to coat the grains with butter. DO NOT allow the rice to brown. Add the chicken base and water and stir until it is completely absorbed.
- 4.) Add the paprika.
- 5.) Add the simmering stock $\frac{1}{4}$ c. at a time, stirring frequently. WAIT until the chicken stock is completely absorbed before adding the next portion.
- 6.) Repeat this step until all the chicken stock has been used and absorbed.
- 7.) When all the chicken stock has been absorbed, the rice should be tender. Remove from heat and stir in the remaining Tbsp. of butter and grated cheese. Serve immediately.

Name _____ Date _____ Period _____

Risotto Lab Evaluation

Directions: As you taste the risotto please evaluate the following information and answer the questions. You must use descriptive words or you will not receive points

	<u>Taste</u>	<u>Appearance</u>	<u>Texture</u>	<u>Tenderness</u>
Risotto				

1.) What is the best type of rice to use when making risotto? _____ (561)

2.) Grains cooked by the risotto method are _____. (567)

3.) Why is it best to serve risotto immediately after being cooked? _____ (567)

4.) Read serving rice and other grains. Why should we serve as soon as possible? What should you do if not serving immediately? _____

_____ (567)

5.) What was the most successful aspect of this lab? _____

6.) How did your group members participate equally in this lab? _____

7.) If you were to do this lab again, what would you do differently? _____

Ch.25 Pasta and Grains TEST

Matching: Match the term in the left hand column with its correct description from the right hand column. Place the letter in the space provided.

- | | |
|-------------------------|--|
| _____ 1.) Enriched Rice | A.) A hard-grain wheat flour that is high in the proteins that form gluten. |
| _____ 2.) Short Grain | B.) "To the Bite" Tender but still firm when bitten into. |
| _____ 3.) Arborio | C.) A container with small holes in the bottom for rinsing and draining food. |
| _____ 4.) Semolina | D.) A cooking method in which the grain has been sautéed in butter, and then simmered in a cooking liquid. Liquid is added a little at a time until completely absorbed. |
| _____ 5.) Brown Rice | E.) Contains the most starch. Becomes sticky when cooked but is the most tender. |
| _____ 6.) Polenta | F.) Firm when hot becomes sticky when it cools. |
| _____ 7.) Colander | G.) Retains form when cooked. Very versatile. |
| _____ 8.) Pilaf Method | H.) Made by soaking dried corn in lye so that the kernels become swollen. |
| _____ 9.) Hominy | I.) Rice that has had the hull or outer covering removed. |
| _____ 10.) Al Dente | J.) Has vitamin and mineral coating added to the grain. |
| _____ 11.) Medium Grain | K.) Converted rice. Partially cooked with steam and then dried. |
| _____ 12.) White Rice | L.) Braising. Involves sautéing the grain in oil or butter before adding the liquid. |
| _____ 13.) Parboiled | M.) Made from cornmeal that is gradually sprinkled into simmering water or stock and cooked until it becomes a thick paste. |
| _____ 14.) Risotto | N.) The best rice to use for making risotto. |
| _____ 15.) Long Grain | O.) Outer layers of the grain removed. Cooks more quickly with less water. |

Short Answer/Fill-in the Blank.

16.-18.) What are the three main ingredients in pasta?

19.) Which cooks faster fresh or dried pasta? _____

20-21.) Describe two characteristics of pasta that help determine its freshness.

22-24.) List three characteristics of dried pasta when purchasing.

25-26.) Describe the difference between storing fresh and dried pasta.

27-28.) In a foodservice establishment why should you NOT cook fresh pasta ahead of time?

29.) What is one way that you can avoid sticky pasta? (starter)

30-31.) Describe the proper way to test if pasta is done.

32-33.) When cooking rice, make sure you add enough liquid to make it _____ and _____.

34-36.) List three things that barley is used for in cooking.

37-39.) List three things that wheat products can be served as.

Extra Credit = 5pts

Describe, in detail, the two recipes we made with this unit.